

# Treatment Plan

**DATE:**

15<sup>th</sup> April 2025

**NAME**

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**DURATION**

2-3 weeks

**OBJECTIVE**

*Stress adaption, Calm the mind, adrenals, liver/bile, methylation support*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
MagTaur Xcell		1 scoop							
Livton		1				1			
Withania Complex		2				2			
S. Bifido Biotic		1				1			
Clinical lipids		1				1			

**DIET & LIFESTYLE**

Mediterranean Diet, Good clean eating.

Reduce refined carbohydrates and sugar

Eat 4-5 smaller more frequent meals. Include protein and good fats with every meal and snack

Blood work – full bloods to include liver enzymes, full blood count, thyroid, fasting blood glucose, triglycerides, lipids, full iron studies, B12, folate, zinc

**NEXT APPOINTMENT**

Reassess in 2-3 weeks